

Reference: CAPP 52-18, 1 April 2003

Civil Air Patrol Cadet Physical Fitness Test (CPFT) Score Card

Minimum requirements are based on age, gender and achievement number.

Cadet Name:	Date:	
Current Grade:	Preside	nt's Challenge: 75th percentile

SPAATZ AWARD													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (Cm)	29	30	33	34	36	40	34	36	38	41	39	40
	P. 24 Curl Ups (60 sec)	47	50	52	53	51	51	41	42	43	44	41	40
	P.25 Push Ups (1every 3 seconds)	27	35	36	39	40	49	18	19	19	19	21	23
	P. 26 (30 feet) Shuttle Run (seconds)	10.0	9.8	9.4	9.2	8.9	8.9	10.7	10.5	10.5	10.3	10.4	10.3
	P. 27 Mile Run (Minutes)	7:41	7:11	6:45	6:38	6:25	6:23	9:15	8:49	8:36	8:40	8:50	8:52
Indicat	te: 🗆 Pass 🗆 N	leeds to	Retest	CPFI	Testing	Office	r:						

Equipment needed: Stopwatch; meter ruler; 2 chalkboard erasers; copy of CAPP 52-18, 1April 2003

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